


God Made Me and Knows Me

 MEMORY VERSE: "O Lord, You have examined my heart and know everything about me. You go before me and follow me. You place Your hand of blessing on my head."
Psalm 139:1, 5



PSALM 139:1-6 God Knows Everything About Me

1. Read verses 1-6. God knows everything about each one of us. How does it make you feel to know that God knows YOU this intimately?
2. Are there times when you wonder if anyone knows or even cares that you are here? Do you ever wonder if anyone would ever love you if they really knew what goes on inside you? What do these verses tell you?
3. What do you think verse 5 means? How does it make you feel?



PSALM 139:7-12 God's Presence Is With Me Always

4. Where can you go that God cannot? Why? vv. 7-10
5. What does verse 12 say about how God sees the darkness? How does this comfort you?
6. What do you think about God's constant presence in your life?



PSALM 139:13-24 God Made Me

7. What do verses 13-16 say about how you were made and who made you? How does this change the way you view yourself and others?

8. Read verses 17-18. Compare your thoughts about yourself to how God thinks about you. How does this impact the way you view yourself?

9. What does David ask God to do in verses 23-24? How could this prayer impact your life in some really positive ways?

BELIEVE THE TRUTH

In this Psalm, we learn that God knows us better than we know ourselves! He knows us, He created us, He is always with us, He has all of our days planned out. Can you believe all that? It is a lot to wrap our heads around! May you live in a manner knowing that you and everyone around you was created by God of the universe.

PRAY THE TRUTH

Lord Jesus, It is so humbling to think about You creating me, caring for me, knowing me, and loving me. I am so grateful for Your love (You love me even knowing the bad parts of me too)! Search my heart, show me anything in me that opposes You. Amen.

WALK IN TRUTH



We learned a lot about God and ourselves in this Psalm. How does this Psalm change the way you view yourself and others?



Psalm 139 (NLT)

For the choir director: A psalm of David.

- 1 O Lord, you have examined my heart
and know everything about me.
- 2 You know when I sit down or stand up.
You know my thoughts even when I'm far
away.
- 3 You see me when I travel
and when I rest at home.
You know everything I do.
- 4 You know what I am going to say
even before I say it, Lord.
- 5 You go before me and follow me.
You place your hand of blessing on my
head.
- 6 Such knowledge is too wonderful for me,
too great for me to understand!
- 7 I can never escape from your Spirit!
I can never get away from your presence!
- 8 If I go up to heaven, you are there;
if I go down to the grave, you are there.
- 9 If I ride the wings of the morning,
if I dwell by the farthest oceans,
10 even there your hand will guide me,
and your strength will support me.
- 11 I could ask the darkness to hide me
and the light around me to become
night—
12 but even in darkness I cannot hide
from you.
- To you the night shines as bright as day.
Darkness and light are the same to you.
- 13 You made all the delicate, inner parts of
my body
and knit me together in my mother's
womb.
- 14 Thank you for making me so wonderfully
complex!
Your workmanship is marvelous—how
well I know it.

- 15 You watched me as I was being formed in
utter seclusion,
as I was woven together in the dark of the
womb.
- 16 You saw me before I was born.
Every day of my life was recorded in your
book.
Every moment was laid out
before a single day had passed.
- 17 How precious are your thoughts about me,
O God.
They cannot be numbered!
18 I can't even count them;
they outnumber the grains of sand!
And when I wake up,
you are still with me!
- 19 O God, if only you would destroy the
wicked!
Get out of my life, you murderers!
- 20 They blaspheme you;
your enemies misuse your name.
- 21 O Lord, shouldn't I hate those who hate
you?
Shouldn't I despise those who oppose
you?
- 22 Yes, I hate them with total hatred,
for your enemies are my enemies.
- 23 Search me, O God, and know my heart;
test me and know my anxious thoughts.
- 24 Point out anything in me that offends you,
and lead me along the path of everlasting
life.

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